



# Inside CommonHealth

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## IMPORTANT NUMBERS

Know someone who wants to quit smoking, dipping, or chewing tobacco? Is having a baby? Is stressed over family and job demands?

Here are resources that can help:

Healthy Lifestyles

Quit Tobacco  
Diet/Nutrition

Healthy Beginnings  
Pregnancy

866-938-0349

Employee Assistance:  
[www.dhrm.virginia.gov](http://www.dhrm.virginia.gov)  
Employee Programs  
Anthem: 800-346-5484  
855-223-9277

Aetna: 888-238-6232

Kaiser: 866-517-7042

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## HOLIDAYS ARE...

## START WELL

## STAY WELL

## CH WORKSITE CERTIFIED

## PROGRAM NOTES

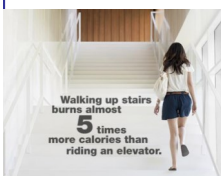


You need roughage, eat more bulk, increase your fiber... these are all recommendations you have probably heard before. Fiber is an essential nutrient that we need in our diet. However, most Americans are falling short of the recommended daily amount in their diets. Many don't even know how much we need in the first place. We also have questions like this one: Is the fiber I get in a double chocolate chip fudge brownie as good as the kind in an apple, kale or a serving of beans? What are the different kinds of fiber?

Our understanding of fiber gets a little murky, but one thing that is clear: dietary fiber contributes to our health and wellness in a number of ways. Amazing things happen to our bodies when we eat enough fiber. Join CommonHealth and Focus on Fiber starting on January 9, 2017. Together, we'll get to the bottom of our questions, sort myth from fact, and explore the many health perks of fiber. You'll be on your way to upping your fiber game!

## Do Wellness, Be Well

Creating a culture of wellness at work can be done by integrating fun, easy, and quick activities that focus on being healthy. There are probably already employees who will step up to help. Different ideas work at different locations, so go ahead and try to find what works for you.



Get employees onboard with wellness from the start—include CommonHealth in New Employee Orientation. Encourage wellness daily, even in the smallest ways:

- ◆ Brighten the stairs with fun posters or art and use posters near elevators to encourage stair use
- ◆ Offer wellness specific breaks for walks, stretching, or de-stressing, or mindfulness. Virginia Museum of Natural History has a group walk daily—it is quick and easy but fun and invigorating!
- ◆ Make wellness information available. Leave articles (you can print off the Weekly WellNote) and info on tables in break areas. Put up a bulletin board.
- ◆ Encourage healthy snacks—perhaps even have a healthy snack contest or pot luck-type event.
- ◆ Celebrate success. Recognize group and individual achievements.
- ◆ Engage with challenges!



How do you do wellness? What will you try next?

# Inside CommonHealth

## Holidays Are...

There are many ways to finish that thought! While some may find them exciting and fun-filled, others consider them stressful and even a time of grieving. They do often create a time of strong emotions (joyous, challenging, and somewhere in between). While the tips and articles below may be helpful to you, they most certainly will be helpful to someone, so please print them and hang them on bulletin board (or on bathroom stall doors) or just leave them on tables in shared areas like break rooms and kitchens. The Cleveland Clinic has some great tips on [making the holidays less stressful](#). [Grief.com](#) encourages you to lean into the grief instead of avoiding it: externalize the loss by giving it a time and place. They have a simple Dos/Don'ts list too! [AARP](#) and [Grief.net](#) also have some helpful tips. May your holidays be a time of well-being!



## Start Well: New Employee Orientation

Start them with a culture of wellness! Introduce new employees to CommonHealth during New Employee Orientation. This can be done in a multitude of ways. If you'd like, CommonHealth can do a mini-presentation or even a stretch break during new employee orientation. A learning station can be offered during break. Our website can be demonstrated by your own staff during orientation. We also have a brochure which can easily be included in the information given to each new employee.



## Stay Well: 12 Months of Wellness Ideas

In addition to CommonHealth campaigns and our challenges, there are many great ways to incorporate wellness in throughout the year! Our [website](#) offers a great variety of [tools](#) for Agency Coordinators to use in the [toolkit](#), but one of the favorites is 12 Months of Wellness Ideas! Explore these ways to add wellness into your workplace.

## CommonHealth Worksite Certified

We spend the majority of our waking hours on the job, and that means that the culture in our worksites has a big impact on our wellbeing. By integrating wellness practices into workplace culture, we can improve the health and wellbeing of our workforce AND boost employee productivity, creativity, and retention. CommonHealth's certification program recognizes excellence in workplace wellness. To qualify as CommonHealth Worksite Certified, agency locations create cultures that are conducive to a healthy workforce through policies and programs, managerial support, and innovative ideas that further the mission of employee wellness in the Commonwealth. Take this [short evaluation](#) to determine if your Agency is CommonHealth Certified Worksite ready. If you meet the qualifications, [apply](#)!



## Program Notes

The **Get a Grip on Joint Pain** campaign ends on December 31, 2016. This will help you relieve joint pain, and prevent or minimize damage. We look forward to seeing you for **Focus on Fiber**, which will help you up your game on fiber!

Sincerely,  
The CommonHealth Team



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